

As we move into the Christmas holidays, I would like to take this opportunity to congratulate all of our children on their hard work and innumerable successes both in and out of the classroom over this term, and of course on their excellent performances in the various nativity and seasonal performances during the past few weeks. From the Woodland Nursery staff's success in keeping most of the cast on stage for most of their aptly titled 'Going on A Baby Hunt', to the delightful "Whoops a Daisy Angel" shows from Chobins and the international tour led by Key Stage 1 in 'Christmas Around the World', to the traditional and moving Key Stage 2 Carol Concert held in the Methodist Chapel on Tuesday of this week, our children - as always - rose to the various occasions giving of their best and showing what a credit they are to you and to our school.

I spoke at the Carol Concert about how fortunate I am in having a staff team who are so talented, and so prepared to always go above and beyond normal expectations to ensure that our children have the best experience possible at Alverton. The commitment of our whole team, including our excellent governors, cannot be over stated and I am sure that you would wish to join me in thanking them for their tireless efforts once again this term.

We all know the strongest structures are formed using triangles, and if our pupils and staff form two sides of the successful Alverton model then you as parents are the all important third side. The ongoing support that you provide for your children and our school is key to helping to maintain the strength of the school and we are grateful for all that you do.

On behalf of the staff and governors of Alverton School, I would like to wish you all a very happy and peaceful Christmas and we look forward to working with you again in 2020.

Best wishes

Martin Higgs

Christmas charity collection

We're delighted to say that a fantastic **£489.72** was collected at all our Christmas performances. This will be given to St Petrocs and the CTIPA Penzance Foodbank. Thank you very much to everyone who donated.



Reminder

The Spring term starts on **Monday 6th January 2020** at 9am.



Football news

On Monday 16th December our football team played a thrilling match against Parc Eglos. Although we lost 3-1 it was an exciting and well played game. We were in a 1-2-1-3 form with Zac guarding the net in goal. In defence was George T and Amon, both of who can deflect almost any shot. In midfield was Liam who made the other team fight to keep the ball and playing right wing, making some amazing passes, was Rex. Left winger was Dex dribbling past defenders like they weren't there and playing striker was Kyle who scored an amazing goal.

Report by Zac M

Clothes wanted!

Our Reception children are very short of spare uniform to wear in case of getting muddy or wet. If you have any good quality pants, socks, trousers, skirts, tights, jumpers or polo shirts, aged 4-6 years we would be very grateful for them. If your child comes home dressed in any borrowed items, we would really appreciate them being washed and returned. Thank you.

Applying for a school place for September 2020

If you have a child born between 1st September 2015 and 31st August 2016 you need to apply for a school place in a Reception class to start in September 2020. The deadline for applications is 15th January 2020. The easiest way is to apply online at www.cornwall.gov.uk/admissions. For more information call the Admissions team on 0300 1234 101 or visit the website.

Parenting workshop (run by the Family Support team)

Change of time

We are running a parenting workshop in January over two sessions on **Friday 17th January and Friday 24th January in the afternoons (not the mornings) from 12.30-3pm**. There will be lots of useful strategies to help you and your child and the chance to ask our Family Support workers questions if you have any concerns in a relaxed, informal environment. Refreshments will be provided. If you'd like to come along to these please let the office know.

Payment of debts

Please could all outstanding debts for schools meals, breakfast club, nursery sessions, trips, etc. be paid by the end of this week so that no debt is carried through to the new term.

Twitter

Don't forget to follow us on Twitter @alvertonschool to keep up-to-date with all the exciting things that are going on.



Online safety

Please see the information below with some excellent advice about Screen Addiction. We will be publishing a different information page each week.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



47% of parents said they thought their children spent too much time in front of screens



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

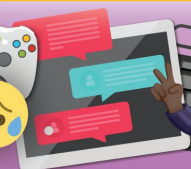
Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National
Online
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Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

STATISTICS

52% of children aged **3-4** go online for nearly **9hrs** a week

82% of children aged **5-7** go online for nearly **9.5hrs** a week

93% of children aged **8-11** go online for nearly **13.5hrs** a week

99% of children aged **12-15** go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES:
<https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018: <https://www.ofcom.gov.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies: <https://www.zmora.co.uk/tech/one-five-kids-losing-sleep-9653986>, University of Leeds: <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>

www.nationalonlinesafety.com

Twitter - @natonlinesafety

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Daisy's Diary

Tool Shed

The Eden Project told us about a brilliant scheme called Tool Shed. This is where people drop off their old unwanted, broken tools at Falmouth Recycling centre and they are taken away and transformed - sorted, repaired and painted by volunteers - and then given, for free, to schools. I asked them for some tools to help with our gardens and tree planting and when I went to pick them up I was amazed. There were so many brilliant tools - and thoughtfully smaller, sturdy ones that are easier for the children to use. They should last us for years. What a brilliant scheme! There were, in fact, so many that the man at the Recycling centre forgot one pile and they are still there. Anyone going to Falmouth please let me know and we can get the final bundle. Thank you.



Tree planting

Now that we have signed up to the Cornwall Primary School Green Charter we have a lot to get on with. One of the jobs we have agreed to do is to plant 30 trees every year, and look after them. This year we've planted around 80 - we have planted a new hazel coppice, a copse of silver birch in the car park, lots and lots of hawthorn and rowan trees wherever there is bare fence, and some wild cherry the reception garden. There's also a patch of silver birch on the slope between the small football field and Kingfishers classroom. These were all free from The Woodland Trust, and they are all native, small to medium trees (apart from the silver birch which will hopefully grow very tall and beautiful). They will have blossom in the spring for bees and berries in the autumn for birds. In January and Feb the school trees will ALL need mulching (plus all of last year's!) so I'll be looking out for adult helpers wanting to work off any excess

Christmas Pudding.

Free trees

As part of Cornwall Council's bid to become carbon neutral, they are starting the Forest For Cornwall. This won't be one big forest - it will be putting trees in wherever there is a spot for them, from fields in the countryside to a patch of kerb in the town. Let's join in. Can you think of a patch to put a tree? It doesn't have to be a massive oak. At school we have trees that are only going to grow small and bushy, but still be so much more valuable to wildlife than a mown strip of grass. We use them as hedges, they will replace old fences as they don't have to be repaired and some will be cut down every few years and regrow so we can harvest the wood. Also think about patches near you that are owned and maintained by the Council as you might be able to plant them up.

If anyone would like to help with this scheme, please just let me know. If we had a group interested I can order free trees for you from the Woodland Trust in January which will arrive next November, along with tree guards and stakes. If you need help to plant or mulch then perhaps we could get together and help each other. Have a look at The Woodland Trust site for their tree shopping list, and Forest For Cornwall online for more details of the scheme.

Contact me on dwright@alverton.cornwall.sch.uk




STARS OF THE WEEK

Choughs & Robins	Emily	for constant smiles & hard work
	Sasha	for super ideas & a delightful smile each day
Puffins	Lamorna	for always giving 100% with a smile
Owls	Jacob	for being an all round class superstar
	Seren	for being an all round class superstar
Kingfishers	Eva	for working so hard all term in everything she does
Trencrom	Daniel	for wonderful singing & effort during the rehearsals & carol concert
Lanyon	Alfred	for really beautiful reading aloud to our class
Kerris	Nina	for being amazing all of the time especially at our exhibition
	Barnabas	for stepping up to read at the carol concert at short notice
Bodrifty	Toby	for his fantastic attitude to everything & brilliant guitar playing
Bosigran	Olivia	for beautiful singing during carol service practices
	Winston	for beautiful singing during carol service practices
Kenidjack	George	for working hard in class & putting in some monumental performances for the football team
Dinnertime	Leona	for being very polite & always having lovely manners
Breakfast Club Star	Abi S	for always helping to set up Breakfast Club
	Daniel S	for always helping to set up Breakfast Club
Daisy's Star	Alfie	for working so hard planting trees for the school
	Kai G	for working so hard planting trees for the school



CLASS ATTENDANCE THIS WEEK

Choughs	86.0%	3
Robins	86.0%	3
Puffins	74.0%	11
Owls	74.3%	9
Kingfishers	78.0%	7
Trencrom	79.7%	5
Lanyon	74.3%	9
Kerris	77.2%	8
Bodrifty	87.9%	2
Bosigran	79.6%	6
Kenidjack 	94.3%	1
Overall school attendance	80.6%	

Our collective target is 96.5%

Need a chat?

Come and have a cup of tea with Mrs Daylak if you have any questions or concerns about anything which might be affecting your child in school. You can find her any Monday to Thursday after school until 4pm. If you would rather make an appointment, please ask the office. She might even find you a biscuit to go with your tea!



DIARY DATES

The spring term begins on Monday 6th January 2020

January

13th Music lessons start

13th Clubs start



PENZANCE

LEISURE CENTRE

CHILDREN'S ACTIVITIES!

Monday 23 December

Get Christmas all wrapped up with the kids out of your hair! Drop them off here for a day of festive fun While you finish off last minute shopping or get on with some wrapping, or just put your feet up!

Full and half-days available!

Call 01736 874744 to book

LeisureCentre.com

